



22 Powerful Tools to Transform Your Fear Into Happiness, Peace and Inspiration



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Fear is undoubtedly one of the strongest and most influential emotional responses we have, and it can act as both a protective and destructive force depending on the situation.

Obviously, fear can help us avoid dangerous situations, triggering the “fight or flight” response when we feel threatened. Unfortunately, this same response can also be triggered when no real threat exists. We simply find ourselves feeling overwhelmed and anxious even when we know logically that no harm will come to us.

For many of us, fear can become a serious hindrance in our lives, preventing us from getting a better job, meeting eligible life partners, seeking medical care, or even venturing outside our homes in severe cases.

Fear is one of the most common reasons that people hold back on living the life of their dreams. Even if they intensely want to create better circumstances, they may struggle with an overwhelming fear of failure, so they refuse to take risks because they may have to endure unpleasant outcomes. In these cases the risk of failure seems to outweigh the benefits of success, so they hold back and do nothing.

Fear of success can be a powerful hindrance as well, making people feel stressed and overwhelmed with the added responsibilities that would probably come with greater success. They may fear not being able to handle those responsibilities, or worry that they’d feel pressured to keep attaining the same level of success in the future. These fears are often enough to cause people to sabotage their own efforts, even when they sincerely want to become more successful.

Either way, fear is strong enough to paralyze most of us – whether the things we fear are real or imagined.

Fear and Love Cannot Co-Exist

By nature, fear and love act in conflicting ways in our lives. Fear is restrictive, repressive and limiting. Love is expressive, abundant and free-flowing. Fear contracts, love expands. Fear retreats, love forges new pathways. Fear is closed off and stagnant, love is open and vibrant.

Because of the reflective nature of our universe, the mindset you most often hold will be mirrored in your every experience and in every person you encounter.

When you live your life from a mindset of fear, you are bound to see that same quality of stagnation and repression everywhere. Your opportunities will seem smaller or more restrictive

(or even non-existent). The people you interact with daily will probably seem more reserved, less generous, and less caring. Even your work will seem repressed, perhaps boring or unfulfilling; and your income may shrink in proportion too.

On the other hand, when you begin living your life from a mindset of love, everything around you seems effusive and joyful. The people you meet seem warmer, kinder and jovial. Opportunities come rushing forth to meet YOU, rather than you having to chase after them, and your work will probably seem more fulfilling and enjoyable – not to mention more profitable.

Contrary to popular belief, you do not need to be highly spiritual or “enlightened” to live from love rather than fear. All it takes is a simple shift in mindset to create big changes in your outer world. The following article shares a very simple and effective way to shift from fear to love instantaneously: [Worry and Love Cannot Occupy the Same Space](#)

The Three Universal Fears

In his book, *The Divine Matrix* author Gregg Braden writes, “*The root of our ‘negative’ experiences may be reduced to one of three universal fears (or a combination of them): abandonment, low self-worth, or lack of trust.*”

When you think about it, all of the fearful responses you have in life probably correspond to one or more of these three universal fears. You may fear being alone, being rejected, or not being good enough; you may have a difficult time trusting other people, the universe, or your own strengths and abilities.

The good news is that fearful thought patterns like these are simply habits that we are taught as children or develop on our own in adulthood. And like all habits, they can be changed with just a little bit of determined effort.

In the first 3 chapters of this ebook you’ll learn how these 3 universal fears affect our lives through our personal fears, collective fears and consciousness.

Then in chapter 4 you will discover 22 simple techniques that can help you to transform your fear into more empowering feelings. These methods may be simple, but don’t be fooled into thinking they can’t possibly work because they are immensely powerful if you give them a fair chance.

Some of these methods may take time and consistent effort to work best, but others can offer relief within a few minutes. Feel free to pick and choose the ones you think will work best for you – and you may also feel inspired to personalize them.

Remember that the whole point of these exercises is to help you FEEL better – to transform your fear and anxiety into feelings of peacefulness, joy, love, contentment, confidence, or any other positive emotion you would like to feel. Therefore, there are no right or wrong ways to use these

methods. Try them in any way that feels right to you, or even use them as a jumping-off point to create your own effective techniques.

Finally, in Chapter 5, you'll learn how the new *Brave Heart* system can help you.

IMPORTANT

Throughout this ebook you'll also find many links to free audios, articles, teleseminars and videos situated on our *Evolution Ezine* website.

Please take the time to visit these links and you'll discover *many* more ways you can transform your fear into happiness, peace and inspiration..

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If you know any friends or family members who might also benefit from this ebook, please email them all a copy of the pdf. Let's work together to make this a world of courage, love and happiness.

Thank you once again to all our Evolution readers who made this ebook possible.

Love and peace ☺

Iain, Cyndi, Phil, Jeff and the Evolution Team

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The Brave Heart System

Using advanced brainwave entrainment, NLP, sound medicine, dream programming, conditioned responses, hypnosis, energy healing, affirmations, sacred geometry and meditation, these powerful audios, with comprehensive guide, will help you live free from fear ...the easy way...

(Currently included as a **FREE** bonus in the **Best Mind Power Offer!** [Click here](#) for more details)



Chapter 1 Personal Fears

Part 1: Why Fear Limits Your Life Potential

Have you ever felt like fear was preventing you from reaching your full potential in life? If so, you are certainly not alone because fear is one of the biggest obstacles that many people face when trying to create better life circumstances.

Below are some of the most common ways that fear can hold you back:

Fear can prevent you from making positive changes.

Sometimes fear can make even the smallest changes seem extremely uncomfortable. For example, you may be deeply dissatisfied with your job, but feel nervous or uncertain about finding and applying for a better one. Or you may have always dreamed of buying your own home but worry that the responsibility would be too much to handle.

Fear can prevent you from breaking destructive habits.

We all know that smoking, poor dietary choices, excessive alcohol and a sedentary lifestyle are a recipe for health problems, but we often gravitate toward these habits because they help numb our anxious or fearful feelings. If you have ever tried to break a bad habit like this, you know how stressful it can be because suddenly you are filled with anxiety and you don't know how to handle it except to run back to your "pacifiers" – the very habits you are trying to break.

Fear can prevent you from taking risks.

Many of us shy away from risk because we fear negative consequences. For example, you may hesitate to invest your money because you fear losing it, or avoid starting a new relationship because you were so hurt by the last one. What most of us fail to realize is that risk can also bring great rewards. Avoiding risk may help us avoid negative possibilities but we also miss the excitement and joy that come from positive outcomes.



Fear can prevent you from pursuing your goals.

Have you ever dreamed of doing something great but were never able to push yourself to do it? Perhaps you dreamed of being a stand-up comedian but dreaded the thought of public speaking, or you desperately wanted to be a bestselling author but were too afraid to pen that novel lurking inside of you.

Fear can prevent you from expanding your life.

Social anxiety is another common way that fear can limit your potential. It may prevent you from attending networking functions so your career or business can't grow properly, or you may avoid taking that much needed vacation to relax and explore other cultures because you fear flying or being on a cruise ship.

How to Stop Fear from Limiting Your Potential

It's important to note that all of these fears are most often groundless. They are merely a perception that things "could" go wrong – but that doesn't mean they will.

Rather than trying to force your way through the fear, you may find it easier to explore the many ways that fear can be effectively released from your mind, emotions, and body. When you know how to release the fear, you simply handle it as you would any minor obstacle and then continue on your way to creating the best life you possibly can.

Part 2: Some common fears that could be hiding in your mind:

Fear of Dying

Probably most people's number one fear ...so here's something to think about...

"This self (your ego)... possesses some terrifying information. It knows that *if it's lucky*, it's destined to grow old, get sick, and lose everything that it's grown to love. Then it will die. This is a shortened version of what the world has offered you, which probably leaves you mystified and flabbergasted at the absurdity of this thing we call life.

Into this bleak picture, which inspires fear and even terror, I'd like to introduce a concept that will eliminate the terror. I want you to know that you needn't subscribe to the idea that you are only this collection of bones and tissues, destined to be annihilated in an aging process.

You've emerged from a universal field of Creation that I've been calling *intention*. Life itself is eternal, and you spring from this infinite *no thing* called life.

...therefore we must conclude that life, in terms of our body and all its achievements and possessions, which without exception begins and ends in dust, isn't life itself. Grasping life's true essence could radically change *your* life for the better.

This shift toward seeing yourself as an infinite spiritual being having a human experience, rather than the reverse - that is, a human having an occasional spiritual experience, is loaded with fear for most people. I urge you to look at those fears and face them directly right now; the result will be a permanent connection to the abundance and receptivity of the universal source that intends all of Creation into temporary form."

Taken from 'The Power of Intention' by Dr Wayne Dyer

Other common fears -

Fear of Failure

If you have ever held back on a goal or avoided taking action that would lead to a positive outcome, you may have been fearful that you might fail. Fear of failure can be subtle because our minds can come up with endless excuses why it's not a good time to take a risk right now, or how the odds don't seem to be in our favor, and so on.

Fear of Success

It's hard to believe that anyone could be afraid of success (isn't success usually a good thing?) but it's far more common than you might believe. Most often it's not the success itself that people fear, but rather all of the responsibilities and uncertainties that come along with success. If you worry that you won't be able to handle these things, you will resist putting yourself in a position where you would have to face them.

Fear of Rejection

Fear of rejection is usually related to low self-esteem, but may show up in subtle ways. You may lash out at others when a possible rejection is imminent; sabotage relationships so you can be the one who rejects the other person instead of them rejecting you; or you may simply withdraw from social interaction to avoid the possibility of being rejected at all.

Fear of Not Being Good Enough

This is another fear that is connected to self-esteem, and it often affects everything you do in life. You may avoid making changes to improve your life; settle for a dissatisfying job that pays less money than you are capable of earning; or continuously sabotage your goals. If you don't believe you deserve to have better life circumstances you won't allow yourself to create them.

Part 3: America's Top 10 Fears/Phobias

1. Snakes - 51%
2. Speaking in public - 40%
3. Heights - 36%
4. Being closed in a small space - 34%
5. Spiders and insects - 27%
6. Needles and getting shots - 21%
7. Mice - 20%
8. Flying on a plane - 18%
9. Dogs - 11%
9. Thunder and lightning - 11%
9. Crowds - 11%
10. Going to the doctor - 9%



*source * Gallup Poll, February 18-21, 2001 (1,016 respondents; + or - 3%)*

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